



This vegan white bean chili features cashew milk and green chiles. (NCR photo/Stephanie Yeagle)



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*This recipe is part of a Lent 2025 series where National Catholic Reporter staff will share some of their favorite meatless meals. [Sign up for the EarthBeat Reflections email newsletter](#) to receive a recipe in your inbox each Friday of Lent this year.*



Whether you are a parent, pet owner or just plain busy, finding time to make a nutritious dinner can be tough. I plan dinners for my family on a weekly basis with just one requirement: The meal must take no more than 30 minutes.

Many people only think about chili during the wintertime, but when you find a version that is this simple and tasty, you will make it year-round. If you want it a little less spicy, omit the cayenne and the second can of green chiles.

I like to serve this chili with garlic bread, but you could also try cornbread, biscuits or rolls.

## **Vegan white bean chili**

### **Ingredients**

- 2 cups water
- 2/3 cup raw cashews
- 2 Tbsp olive oil (or avocado oil)
- 1 cup white or yellow onion, diced
- 4 cloves garlic, minced

- 1 tsp ground cumin
- 3/4-1 tsp sea salt
- 1/4 tsp black pepper
- 1 pinch cayenne
- 2 (4 oz.) cans diced green chiles
- 3 (15 oz.) cans white beans, drained and rinsed
- 1 cup frozen corn (or drained and rinsed canned corn)
- 2 cups baby spinach, baby kale or chopped kale

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## Instructions

1. Make cashew milk. Add water and cashews to a high-speed blender. Blend on high until smooth and creamy (1-2 minutes). Set aside.
2. Heat a large pot over medium heat. Once hot, add olive oil, onions and garlic. Cook until the onions are soft and translucent, about 5 minutes.
3. Add the cumin, sea salt, black pepper and cayenne. Cook for 1 more minute, until fragrant.
4. Add the green chiles, beans and corn. Stir to combine.
5. Stir in the cashew milk and bring the mixture to a light boil. Lower the heat to low and simmer for 10 minutes, stirring occasionally, until thickened. If the chili gets too thick, you can add water or dairy-free milk as needed.
6. After 10 minutes, taste and adjust as needed, adding more salt for overall flavor or cayenne for spice. Remove it from the heat and add desired greens. Stir to wilt.
7. Serve warm.
8. Leftover soup will keep in an airtight container in the refrigerator up to four days or in the freezer for one month (or longer). Reheat in the microwave or on the stovetop, adding water to thin as needed.

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